



The Grizzly

F I N A L
2 0 0 3

BUTLER COUNTY COMMUNITY COLLEGE'S MAGAZINE

**Stressed?
Learn How
to Relax**

**Baseball
Undergoes
Changes**

America at War

Inside: A Butler Connection

MY TURN

Today so many people are close-minded. They don't even take the time to listen to someone. I should know, I used to do that myself. Eventually a time came when I was able to question everything in my world, and the only way to get real answers is to be open-minded enough to hear what the truth is.

I'm not writing this to inform the world of what I think the truth is. I'm writing this in hopes that maybe we all can look at ourselves a little closer and see where we stop listening. I did it all the time when I was in high school. I never listened and always expected everyone else to hear what I had to say.

Now I see atheists doing everything they can to keep religion out of schools. Or churches doing everything they can to keep evolution from being taught to children.

This problem goes far beyond just religion or scientific theories, into all kinds of things that people blind themselves to. If something is true, then why be afraid to know or understand it?

I've found that the reason I was so scared to hear anything different than what I believed was because I was, at heart, scared I might be wrong.

Some people would rather live their lives believing a lie, than rather even consider that something they hold to be true could be false.

I say let's stop being afraid, and know the truth.

Anthony Wade Carver

Anthony Wade Carver



Meet the Author

Anthony is 21 years old and is majoring in Graphic Design.

In his spare time he enjoys being with his friends, watching or making up movies, and working on a website he and his friends created.

Opinion

1. He said, She said

Thinking Out of the Ordinary

2. Feelings Leaving Butler

Two Years Well Spent

Academics

3. The Lantern

Making a Masterpiece

4. Movies and More: The Sequel

Butler's Latest Dance Concert

5. Back to School

Non-traditional Students

6. A Hint of Culture

Museums In and Around Butler County

Features

7. Ahh! Stress

De-stress Your Distress

8. Dieting: Remember Your Inner Self

To Diet or Not to Diet?

9. Fighting for Freedom

Bornos over Baghdad

10. Home Sweet Home

Meet Janece English

Sports

11. Play Ball

Butler Baseball Battles Back

12. Tennis: Ups and Downs

The Last Season

Special

13. Goodbye Staff

Meet Leaving Staff Members

Final 2003 Staff

Managing Editor

Eden Fuson

Editor

Misty Turner

Associate Editor

Kristin Sunley

Design Editor

Rhonda Giefer

Online Editor

Anthony Carver

Photo Editor

Sasha Noble

Copy Editors

Shila Young

Josie Bartel

Business Manager

Andrea Downing

Circulation Manager

Matt Hahn

Feature/Staff Writers

Carissa Shaffer

Michelle Avis

Andrew Keeling

Adviser

Mike Swan

Butler County Community College

901 S. Haverhill Road

Building 100, Room 104

El Dorado, Kansas 67042

(316) 322-3280

Do you have an idea for an article? Do you want to comment on a story? We welcome your comments and criticism.

On the Cover...

United. Floral Expressions, as well as other businesses on North Main St display their patriotic feelings. Floral Expressions has been giving away yellow ribbons. (Photo By Eden Fuson)

Opinions of the worst kind, about:

Indecision

I have yet to meet a guy who can make a decision on his own, especially in a relationship. Girls, men think we are too indecisive...well, let me tell you they are no better. Picture this scenario:

- 1) Man - Where do you want to go eat?
- 2) Woman - I don't care, where do you want to go?
- 3) M - O.K. let's go here!
- 4) W - No, let's go here!

M- No, I don't want to go there... This could go on for hours and you wind up sitting at home eating bologna sandwiches. Why can't the guy just say 'OK we're going to go here because we went here last night'? Now come on, a relationship is based on compromise so why is it a blame game all the time? He said this or she said that. Even what movie to pick on a Saturday night winds up being W.W. III. Granted, you won't know everything about someone right off...That takes some time but if you are in a serious relationship then you should know the basics. So stop worrying so much. If you honestly care about us as much as you say you do, then sometimes you wouldn't have to ask what movie we want to watch or what restaurant we would like to eat at. You should be capable of making a confident decision without worrying about us getting upset.

Pursuit

Whatever happened to a true gentleman who called you up and held a door open for you or even came and picked you up at your house? And no, I don't mean sitting outside honking the horn waiting for us in the car. I know it sounds so Cinderella, Prince Charming make believe, right? Well OK, what girl isn't waiting for her Prince Charming? I know I am and there are a lot of girls out there who are like me. So, come on guys, put a little effort in getting our attention. We like a guy who actually takes the time to pursue our attention.

Matt's Reply: Compromise...what a wonderful word. For people who know their significant other well enough, compromise is an applicable tool. However, it seems most women's view of compromise includes men using their telepathic powers to read minds and then telling them where they want to go. Until we evolve to the point of telepathy, you have to communicate with us. As for finding that special someone to disagree with, the only reason women can't find Prince Charming is because they look at the pretty boys and don't see the frog underneath. The guys who have no problem taking the initiative are the jerks honking outside your house. The true Prince Charming is the nice guy in the corner who can't seem to say anything, but that's because he is in awe of your beauty. Remember the story "Beauty and the Beast"? The Beast wasn't Brad Pitt, but he was the best thing in Beauty's life.

She Said

Opinion by Shila Young



Indecision and Pursuit

He Said

Opinion by Matt Hahn



Indecision

Ninety percent of my relationships have been scarred with a frightening fact: I will have to make every single decision. Not that I mind too much because it means I tend to get my way. However, the general pre-dinner conversation goes much like this:

- 1) Woman: Let's go out to dinner.
- 2) Man: Okay, where should we go?
- 3) W: I don't care...you decide.
- 4) M: What about (insert restaurant)?
- 5) W: No, I'm not in the mood for (said restaurant).

Now, return to step two and repeat until sufficiently infuriated. WHY? Why can't women just say what they want instead of making us play 20 questions?

Tell you what. Instead of making me name them, here is a list of every restaurant in town. You look through it, decide where you want to go and then come get me. I'll be in the back yard pulling out my hair and having a civil conversation with the dog.

Pursuit

Yes, I know it's traditional for the man to take the initiative and pursue the woman. However, if you want to get technical, it's traditional for the woman to be in the kitchen, but things have changed. Women have been and continue fighting for equality. What they don't take into account is the balance. You can't have all the bonuses of being equal without having downfalls. Since we are equal, we get to share everything.

Now, you don't have to stand across the room wondering if we saw your shy glances. Just walk up and say, "Hi." Heck, you could even invite us out to dinner.

No one knows how much I have spent on meals to kick-start a conversation. On top of that, many women enjoy the meal and leave having had no interest in me in the first place. Come on, I enjoy a good chase as much as the next man, but I'm getting poor.

Shila's Reply: O.K. my partner in crime may have a point on the whole dinner scenario however, like I said in my statements, if guys cared about us they wouldn't have to always ask what we really wanted. Compromise is a wonderful word but guys don't seem to understand the meaning. Now call me crazy and old-fashioned if you want...but I think that the man should do the pursuing. A lot of women like the chivalry act. While it was once considered improper for a girl to call a guy, that's not the case anymore. While a girl can call a guy, the man should be the one to step up to the plate.

Time to So

Story and Photos by

As this chapter of my life at BCCC comes to an end and a new one begins, looking back over the past two years, I find that Butler has made more of an impact on my life than I thought.

Joyful, exhausted, anxious, confused, excited and scared are all the emotions I am feeling as I say goodbye to my time spent at BCCC. Ironically, these were my exact feelings two years ago as I decided what my next step would be after high school. Two years, where did the time go? As much as I want to leave (and believe me I want to go very far away from here), I have become comfortable in El Dorado, and I must admit that it has become like a second home to me.

Coming from a graduating class of 35 people, from little Pretty Prairie, I thought 'Wow, how am I ever going to make it in the 'city' of El Dorado?' Given time, I learned that the only thing I really needed to know was where Central Street was. I have experienced dorm life, cafeteria food, late nights studying, late nights doing everything but studying, going to Wal-Mart for no reason, eating pizza for breakfast, lunch and dinner (all in the same day), taking naps whenever possible (sometimes in class) and meeting people who I know have become my lifelong friends.

I originally decided to come to BCCC because I wasn't quite ready for a big university and I was offered a scholarship on the Grizzly Magazine staff to do what I love, photography and writing. From this, I have learned procrastination is not a good thing, and it has helped me become more experienced in what my career might be later on in life. I was also given the opportunity to work with the Athletes and Special Needs students in the Advising office as a tutor. This job opened my eyes to what being patient really means, that there are many other people who wait till the last minute to get something done and also to never ever assume things about anyone or anything. My peers have taught me things in more ways than one, about school, friendship, life and, most importantly myself.

I have grown in knowledge, self-assurance and a sense of who I really am. It has brought out things in me that I didn't even know were possible and helped to focus on things that I already had. But that is what college is all about; experimenting and finding out who the person is that you look at in the mirror



***Suprise!** A group of friends surprised me and decorated my house on my birthday this year. I had no idea that they were planning it.*



***South Padre!** Us girls and Noah Morford wait on our food at a yummy barbecue place at South Padre. Sophomore year we went to South Padre Texas for Spring Break*



***Around and Around** Last year roller skating was a part of the homecoming activities, held at the rink in El Dorado. It was funny to see all the people our age skating around in a circle.*

y Goodbye

Rhonda Giefer

August 2001 -
May 2003

Sing it! Last year during Christmas break I took home about 7 guys to Pretty Prairie to see what the "farm" life is like. Jamaal Whyce and LaShad Hill found a doll and sang to it.



Happy New Year!! For the end of 2002 and the beginning of 2003, we had a gathering at my house to ring in the new year.



everyday, yourself. There are things that I have done that I am not so proud of and things that I really have a lot of pride for. One major thing I have noticed here is that people rarely judge you, because they too are in the same situation in trying to figure out what they are going to do in the next step of their own lives.

I have laughed, cried,

that I put myself in, because regret is a useless emotion. It is a chapter in my life that has already been written and it has helped me learn from my mistakes and failures but also from my accomplishments and good deeds.


I know that I will take all that I have accomplished, learned and experienced here with me and continue to

"TWO YEARS WELL SPENT"

-RHONDA GIEFER

gotten angry, been a little crazy and stressed out but there has always been someone there to help me not become discouraged when something went wrong, or shared in my triumphs when I succeeded. Whether it was a teacher, boss, friend or even a stranger, I knew I was never alone to experience circumstances that were out of my control or ones I had control over. I will never regret anything that has happened in these two years; choices, friends or situations

accomplish, learn and experience in the next place I decide to go. With no doubt in my mind, I know that when I look back on the two years I have spent here, I will always feel that BCCC and the people along the way have helped me become who I am and, most importantly, who I will become.



The Lantern

By Anthony Carver

The Lantern has existed in other forms but became a weekly in 1966. It's put out thousands of editions and been through many advisers and countless staff members. The paper undergoes changes every year to

step up the quality of what the people on campus see and read. But even though all these changes occur, the goal remains the same.

Dr. Gene George, who was once a student editor

Staff

Here is the Lantern staff. Front row, left to right:

Shelley Straub, Scott Roberts, Sam Smalley, Kim Mangus, Laura Bianco. Second row - Sara Pierce, Jessica Shirley, Tammy Dorpinghaus, Josh Gilmore. Back row - Andy Clum, Jon Brickley, Mrs. Freda Briggs. Loree DeRose and Liam Wyatt were not present when the photo was taken. (Lantern Photo)



and later an adviser for the Lantern, says, "The Lantern has tried to be an independent newspaper. Any good newspaper serves its community."

There was a time in which the administration and the students who ran the paper were nearly at war with one another, but now things are a lot better.

"We had tense times between the administration and the paper," Dr. George says.

Jane Watkins, who was an adviser for the Lantern 16 years ago, pointed out how passionate the students on staff were. She says the students were "good writers, and good thinkers."

Today, the administration and the students who work for the Lantern have a good relationship, according to both parties.

Freda Briggs is the current advisor for the Lantern. She has been the adviser for six years.

There are always ongoing changes.

Briggs says, "When I came six years ago we were still printing our own photos, then we used negatives and now it's mostly digital."

"Technology is the main change," says Briggs.

Even though there have been a lot of changes and many upgrades, the job of the newspaper remains the same.

"The role of the newspaper has two parts: One is news and information to service the campus and its

public forum; two, it is a learning laboratory for journalism students," Briggs says.

The goal that Mrs. Briggs has made for the students to learn is to work together as a team and to meet deadlines, and finally to tolerate others in a stressful situation.

Shelley Straub, a sophomore from Wichita, is managing editor of the newspaper today. She has been working in news publications since she was a sophomore in high school.

"It has definitely taught me a lot of useful things and it has prepared me for any job I may hold in the future," she says.

In spite of everything the paper has gone through, the mission remains the same, to serve its community.

Mission Statement of The Lantern

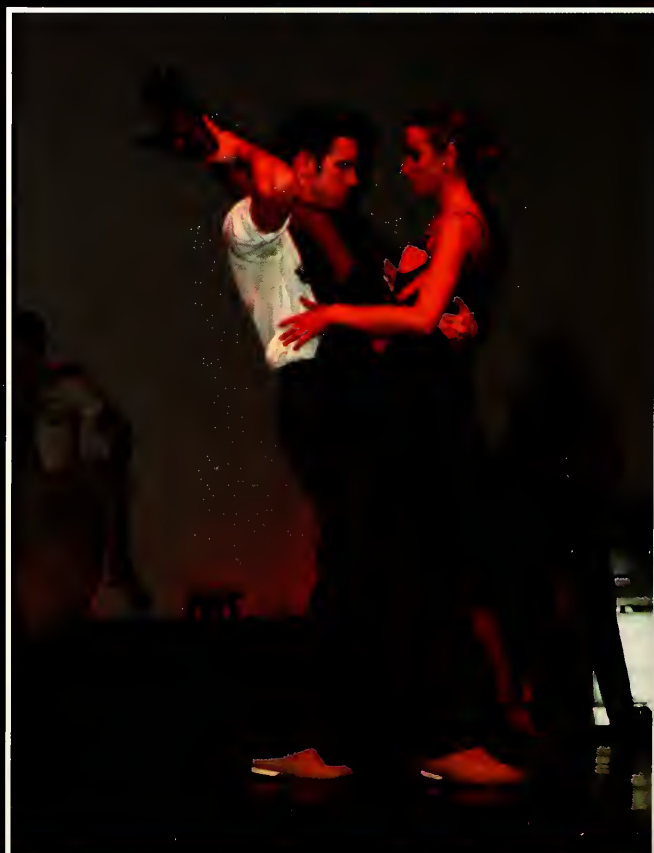
The Lantern serves as both a professional newspaper and as a laboratory experience for students who are on staff. It is The Lantern's mission to accurately report the news, allow readers to express their views, and to present issues and information that affect the college and the community it serves.

“Movies and More: the

"Movies and More: the Sequel" was the title for the dance concert. Students danced to songs from movies such as "Footloose" and "Dirty Dancing" and music from James Bond movies.

Students have been working on the concert since February. They work every day of the week and sometimes the weekend. Karla Lloyd, Butler dance instructor, says, "The dancers work really hard and they are not afraid of challenges." Lloyd has taught dance for 15 years and has been at Butler for four years and she still loves it.

Karla Brown, sophomore from Wichita, says, "'Movies and More: the Sequel' is a brilliant performance." The dance concert was well prepared and it showed!



nd More: Sequel”

Photo essay by Sasha Noble



Back to School

Three non-traditional students tell why they're attending Butler

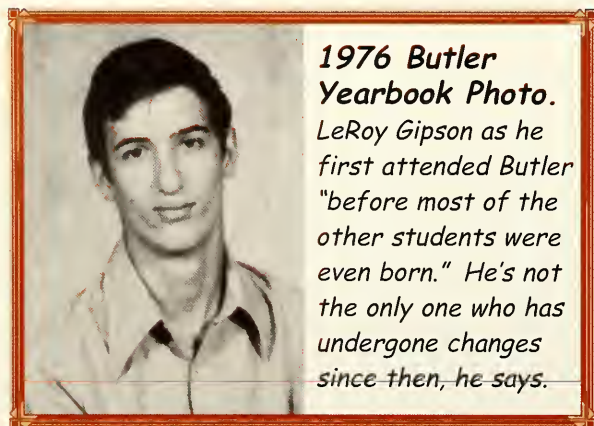
Story and photos by Michelle Avis

*A*t age 44, LeRoy Gipson is attending Butler for the third time and in the third field. "The first time, I went to learn how to work for others (in accounting), the second time I learned how to make others work for me (in management) and now I'm back to learn how to run my own business," says Gipson. He'd taken a few night classes in 1999, but his earliest experience with the college began in 1974. While attending high school as well as working full-time, he only got three hours of sleep a night. Getting his education was as important to him then as it is now. However, many things have changed since then.

When Gipson first attended Butler, the campus computer was huge and ran on punch cards. Now personal computers are used in most classes. "Also, the parking lot was smaller... no radio towers. I don't believe there was a maintenance building, and only one dorm building," says Gipson. As for one similarity, he says, "I had Elmo Nash for Algebra the first time around.

"Now I'm here as a laid-off worker in a two year Marketing and Management program with Jared McGinley," says Gipson. "Diane Hobbie of the Kansas Department of Human Resources and Gary Royse [Academic Director] have also been a huge help," he says of his success.

Using what he has learned at Butler and at prior jobs, Gipson has gotten into a joint venture with Tommy Howland of Flint Hills Irrigation in downtown El Dorado. Having bought the machinery in April, the company had little time to wait before acquiring several new contracts. The popular, relatively new service and Gipson's warm, friendly personality have no doubt helped get the new hydroseeding branch going quickly. But Gipson modestly attributes their success to "the reasonable cost and efficiency of the process."



A growing career field. Now his own boss, LeRoy Gipson shows how the hydroseeder is set up. The machinery was purchased in April, and the company already has several contracts with local homeowners and businesses.

On February 6, 1995, a Hutchinson News reporter called 911 to report on Paul Morrison's death in a semi tanker accident. "No one could have lived through that," he told the operator. Then Morrison crawled out of the truck.

Just north of Hutchinson, the truck had been approaching a set of curves when the brakes failed. The liquid in the tank - 9,000 gallons of propane - had pushed the truck and trailer over.



Eighteen wheels a-rollin'. Another tanker truck arrives to drain the 9,000 gallons of propane from Paul Morrison's wrecked tanker. After rebuilding this truck and having his first experience with chiropractic care, he became interested in becoming a chiropractor. He is now taking the prerequisite classes at Butler. (Hutchinson News photo.)

"The truck went two complete flips and the trailer went almost two," Morrison says. "When it landed I had been thrown through the windshield and was lying on the hood. As soon as I had gotten my bearings, I climbed off the hood back into the truck, shut off the engine, kicked open the right-hand door and climbed out. The first thing I did was check for leaks. After completing my inspection, I finally lay down in the back of (an onlooker's) pickup truck.

"Over the next several weeks I rebuilt the truck. First we had the frame straightened, put on a different cab and hood, painted it then reinstalled the interior. To the best of my knowledge, the truck is still being used by the same company for the same job to this day."

Surprisingly, Morrison continued to work with propane for several years after the accident. But now he is enrolled in Pre-Chiropractic classes at Butler and plans on continuing his education at Cleveland Chiropractic College.

"I had been interested in chiropractic before, but after going to my current chiropractor I decided to get out of doing work that hurt my back and get the training to help other people with their medical problems.

"After leaving school in the early 80s, it's kind of scary going back to school when you're getting close to 40," says Morrison. "But it's worth it."

Having spent 12 years with the U. S. Army military police and five years working for the El Dorado Correctional Facility, becoming a police officer was the next logical step for George Berk. He started taking classes at Butler in January and plans on converting some of his life experience into college credits towards his Administration of Justice degree.

"For me, getting promoted in my current profession depends on getting a degree," says Berk.

He believes Butler has a good program for older students. "I think all older people who haven't gone to school and would like to should make the effort to go, especially to a small school like Butler where the teachers actually care," says Berk.

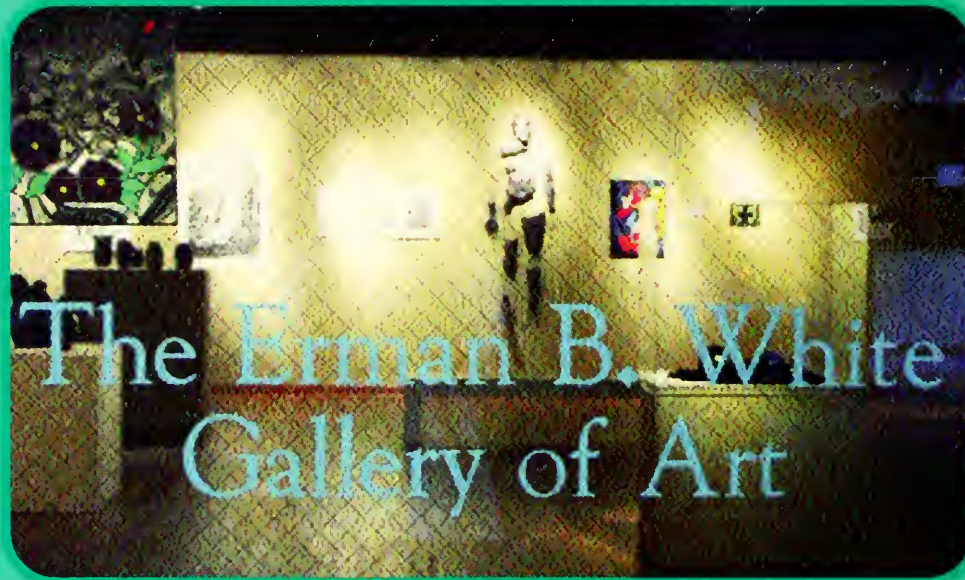
His experience leading DARE (Drug Abuse Resistance Education) classes with the Wichita Police has shown him the importance of small class sizes. They allow for a lot of contact with instructors, unlike in larger schools, where he feels students are "just a number."



Class warfare? Paul Morrison "gets a ticket" from classmate George Berk. Both attend night classes at Butler, and are in speech class together this semester.

A Hint

Tired of the same old malls and movies and want something different? visit one of Butler's nine museums for culture or just a relaxing afternoon.



Look no further than right here on campus at the Erman B. White Gallery of art that features faculty, staff and student work.

Erman B. White Gallery of Art

901 S. Haverhill Rd.
El Dorado, KS 67042

The Ellet School

Latham, KS

Augusta Historical Museum

303 State St.
Augusta, KS 67010

Cassoday Historical Museum

Washington & Beaumont
Cassoday, KS 67039

The Museum in Towanda

3d & Main
Towanda, KS 67144

Douglass Historical Museum

314 S. Forest
Douglass, KS 67042

Museum of the American Fan Collectors Association

415 E. 13th St.
Andover, KS 67002

of Culture

Story and Photos by
Andrea N. Downing

Established in 1970 by Mr. Warren Hall Coutts, Jr., an El Dorado attorney, the Coutts Memorial Museum was given in honor of his son and law partner Warren Hall Coutts III who was killed in a plane crash in 1965 along with several of his friends.



Coutts Memorial Museum of Art

110. N. Main
EL Dorado, KS 67042

In the words of its founder, the museum is to serve as "...a memorial for all time to come commemorating the memory of all of the beloved sons and daughters of this community."

The museum was first incorporated in 1956. It was moved to this location in 1977 and the first oil field equipment was collected in 1978. A staff of four people with 25 volunteers, including tour guides, manages the museum.



Kansas Oil & Gas Museum

383 East Central
EL Dorado, KS 67042

Features

Features
Grizzly

Features
Grizzly

Features
Grizzly

Features
Grizzly

Features

15

AAAAHHH!!

STRESSED OUT

Opinion by Matt Hahn

Everybody gets stressed out. With the pressures and fast-paced world today, it's easy to get over-worked. Especially college students who have school, homework, job and a social life to juggle. However, there are some simple ways for anyone and everyone to get away and relax. Anywhere from simply laying around to complete physical exertion, many things can help to calm your inner turmoil. So, let's look away from this stressful campus and see what the world has to offer.

Massage therapy is one of the easiest ways to relax. All you have to do is lay there and let all your stress flow away while someone rubs out every knot in your muscles.

The easiest way to accomplish this state of sub-lime relaxation is to ask your significant other. However, there is a downfall to this. Once your turn is up, you must heave yourself away from your nirvana and repay the favor. Also, if you are taking classes for massage therapy here at Butler this defeats the point. Remember we're trying to get away from school.

So, what is left you ask? Well, you can always go to someone that has already finished their training. I would suggest someone that has been doing it for a while so they understand the application. Things such as where they should or should not rub if you are pregnant or have injuries.

Another aspect to consider is finding a massage therapy establishment that is honest and clean. Ask around to find out the experience and reputation of the place you have in mind.

El Dorado has several establishments to choose from. Look in the yellow pages to begin your search for relief.

For commuters from Wichita, the staff at Therapeutic Body Care has been around for years and has my seal of approval. For any questions, call (316) 652-0654.



Photo courtesy of DiComp

No one can deny the calming property of having plants around the home. The life they breath into the room helps one to relax and the blooming flowers add color and scents that can refresh the senses. Also, recent research has shown some plants, mainly spider plants, can act as natural air filters, which adds more health benefits to the list.

Now don't go telling me you're one of those people with a black thumb. All it takes is some information, forethought, and two simple steps.

First, consider where you live. Which direction do your windows face? If they don't face south you will need to get a low-light plant. You can find out at the nursery if a plant is high or low-light by reading the information tab poking out of the soil. If the nursery doesn't have tabs, the employees should know.

Second, after you've selected your plant, look at how much water it needs. You need to know if it should be watered every other day or once a week.

It's that simple. So, get yourself a new plant, go home, and relax.

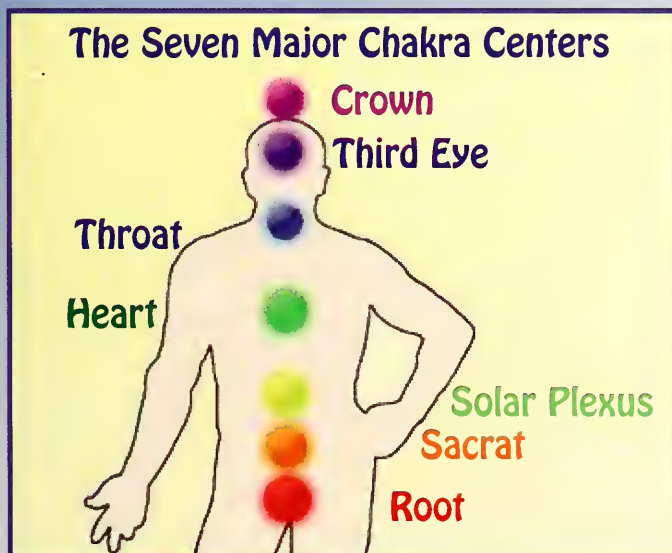
 **Therapeutic
Body Care LLC**
DEDICATED TO YOUR WELL BEING

Meditation has been around for centuries. Whether in the form of prayer or as a way to enlighten the soul, meditation has been helping individuals cope with and explore life.

In any form, meditation seeks to clear the mind and help to view one's life from outside the confusion. Traditional meditation is done in a cross-legged position with good posture. Next is the hard part, clearing your mind of stray thoughts. Have you ever tried to think of nothing for five minutes? One tip is to focus on your breath. Focus on getting your inhalation and exhalation to take the same amount of time. Practice will get you to the point where you can work on using your chakra centers. Explanations on chakras and other ways to meditate can be found at www.meditationsociety.com

Yoga combines mental and physical relaxation. After calming yourself, Yoga takes you through a series of moves that stretch and tone your muscles. However, not all Yoga is the same. Different methods have evolved over time to create styles such as Ashtanga, Anusara and the modern Power Yoga. Make sure you know which one you're buying. Traditional styles are more soft and flowing while modern methods are more apt to make you sweat.

Unfortunately, Yoga isn't commonplace. The closest you'll find a studio is in Wichita. Barefoot Studio offers classes every day and all their teachers meet Yoga Alliance's standards. For questions call (316) 636-YOGA.



In any form in which you try to relax, do it safely and always keep it fun. As soon as it becomes tedious or boring it won't relax you any longer, so make sure you choose an activity that appeals to you. Once you've chosen an interesting past-time, list your options and weigh them out.



One of the best activities to relieve tension is martial arts. Imagine the punching bag is the jerk at work or the guy that cut you off in traffic and beat it until you can't lift your arms. That spells relief.

Again I stress searching and comparing your choices. Most styles are basically the same, but teaching methods and application can make all the difference in the world.

Every good martial art school includes sparring in their curriculum. Sparring is a mock fight between students to sharpen their self-defense skills. Many schools use full contact Olympic style, which is more realistic, but can be dangerous for beginners. For those people who are squeamish about pain, point style uses more control and little to no contact.

What if you end up staying in and want to expand your training? Some schools offer only one style, while others have a list to broaden your expertise. Styles such as karate and taekwondo use strikes and kicks while aikido and judo use grappling moves and throws. Make sure you know what style you're getting into and what you can expand to.

Butler offers Physical Conditioning/Karate 1 and 2 as part of its curriculum. The class is lead by Leroy Rosebraugh, fifth degree black belt, and his assistant Robert Collins, first degree black belt. Look on Butler's Pipeline for more information.

However, what about when school is out? ATA Black Belt Academy is the only nationwide martial arts organization in America. It is family oriented and has schools in almost every large city and many smaller towns. This means, when traveling, you can pick up your training exactly where you left off. For any questions call (316) 686-KICK.

Dieting: Don't Your Inner

Dieting seems to be everywhere. If you don't agree, just go pick up any popular magazine, or try to avoid seeing a commercial for the next weight loss product, program or miracle for dropping those unwanted extra pounds. Dieting is seen throughout the mass media in all forms: radio, magazines, books, newspapers, television and movies. Perhaps it isn't always in the form of an advertisement for a specific diet, but the idea of having a perfect, ideal body is definitely emphasized.

Despite the fact that information can be found just about anywhere, there still seems to be the common problems of not knowing which diet to try. Which diets actually work, and have long-term success? Which ones are considered to be a safe and healthy way to lose and maintain your ideal weight?

To start with I'd like to say that I agree with the cliché that "true beauty is inner beauty." Looks only go so far and eventually outer beauty tends to fade.

If building a person's character were stressed as much as having an ideal body, there wouldn't be as many eating disorders. "In the United States more than 10 million people, 90 percent of whom are women, meet the established criteria for one of these disorders (anorexia nervosa, bulimia nervosa or a variation known as binge eating disorder), and their numbers appear to be increasing." This quote comes from *Health the Basics*, a textbook used in the Personal and Public Health classes offered at Butler.

I have had three close friends that have struggled with eating disorders. I'm not blaming the media for their struggles, but I do believe that it contributed to them having a lower self-image. They were not satisfied with their looks or their weight. By constantly being compared to "Barbie" figures and people that have the "perfect bodies," naturally some people will start to distort the way they see themselves. There are all different kinds of body types, and it is unrealistic to think that everyone will look like the majority of the people portrayed in the media. Maybe if society would show and prove that looks don't matter it would be easier for individuals to accept that inner beauty is more important.

However, pursuing and maintaining your ideal body weight is considered an important lifestyle habit. This principle is taught in Lifetime Fitness classes at Butler. "What weight is right for you? This depends on a wide range of variables, including your body structure, height, the distribution of the

weight you carry, and the ratio of fat to lean tissue. Weight can be a deceptive indicator. The United States Department of Agriculture and the Department of Health and Human Services devised one weight table for both men and women that allows for variations in body structure, distribution of weight, and weight gains in middle age. Weights at the lower end of the range are recommended for individuals with a low ratio of muscle and bone to fat; those at the upper end are advised for people with more muscular builds."

The chart will give a general idea of how much a person should weigh, however Linda Clarke, Butler's mental health counselor for the past 10 years, says, "There's a body norm for everybody and often times that doesn't fit within the charts."

There are safe and healthy ways for people to lose weight. The key to long-term weight loss is adopting a healthy lifestyle for life. However, sometimes this is not one of the goals for the weight-loss industry.

Clark says, "Research has proven that yo-yo dieting is detrimental to your health, rather than positive."

A yo-yo diet is when a person repeatedly gains weight, and then starves themselves to lose weight. This lowers a person's basal metabolic rate (BMR), which makes regaining weight even more likely.

Types of diets vary; currently, diets with low carbohydrates are one of the most popular diets around. Diets that fall into this category include Dr. Atkins Diet Revolution, Perricone Prescription, Neander-Thin, Sugar Busters and other high protein or high fat diets. These diets have 20 percent or less of a person's overall calorie intake that comes from carbohydrates. The human body generally burns carbohydrates before it burns fat; so the idea behind a low carb diet is to continue to feed the body protein, but eliminate or greatly reduce the amount of carbohydrates so that the body is forced to burn fat. Even though weight loss occurs in these types of diet, they are also associated with the highest body fat in men and women. "Although diets that deviate from a balanced nutritional approach are almost certainly

t Forget Self

Story by Kristin Sunley

Healthy Weight Ranges

HEIGHT WITHOUT SHOES	WEIGHT WITHOUT CLOTHES
4'10"	91-119
4'11"	94-124
5'0"	97-128
5'1"	101-132
5'2"	104-137
5'3"	107-141
5'4"	111-146
5'5"	114-150
5'6"	118-155
5'7"	121-160
5'8"	125-164
5'9"	129-169
5'10"	132-174
5'11"	136-179
6'0"	140-184
6'1"	144-189
6'2"	148-195
6'3"	152-200
6'4"	156-205
6'5"	160-211
6'6"	164-216

flawed, most won't cause major health threats in otherwise healthy people when used for short periods of time. However, people who have kidney or liver problems or suffer from fluid imbalances or problems should avoid high protein diets," according to *Health the Basics*.

Another popular weight loss method is a "miracle" diet such as a very low calorie diet (400 to 700 calories per day). Some would consider The Grapefruit Diet and the Cabbage Soup Diet, which consist of less than 1,000 calories a day, to also fall into this category. According to *Health the Basics*, "Fasting, starvation diets, and other forms of very low calorie diets have been shown to cause significant health risks." These diets have been well documented to produce only temporary weight losses and they may lead to disordered binge eating or other related problems."

Probably the most common of the current popular diets are the "low fat/high carbohydrate diets, which try to balance the basic food groups. Examples of this would be The Pritikin Weight Loss Breakthrough, Eat More/Weigh Less, Mastering the Zone, Life Choice, and Weight Watchers. Unlike the previous types of diets, these diets follow a healthy lifestyle that can be maintained throughout a person's life. Body mass index (an indicator of body fat) tends to be lower for people on high carbohydrate, lower fat diets. Higher carbohydrate diets follow the food guide pyramid, and they are higher in nutritional quality. A sound nutritional philosophy taught in Lifetime Fitness focuses on moderation, variety and balance.

According to Covert Bailey (a video shown in Butler's Lifetime Fitness class) there are four rules that should be included in a target diet.

1. eat a balanced diet
2. eat less fat
3. eat less sugar
4. eat more fiber

If you or someone you know has an eating disorder please contact Linda Clark at (316) 322-3162. Her office is located on campus in room 317 of the West Dorms.

Fighting for Freedom

Operation Iraqi Freedom

Story by Misty Turner and Eden Fuson



At 8:30 p.m. on March 19, the bombs began to drop on Baghdad, targeting Iraqi leader Saddam Hussein and his regime.

On March 17, President George W. Bush addressed the nation around 7 p.m. and gave Saddam Hussein and his sons 48 hours to go into exile. All this happened after long, heated discussions between the United States, the United Nations and Iraqi leaders. President Bush came on TV at 9:15 p.m. on March 19 to announce that the war against weapons of mass destruction had begun.

On March 23, five members of the 507th Maintenance, which is part of the 111th Air Defense Artillery Brigade, were ambushed and held captive for nearly three weeks by Iraqis. Former Butler student Private First Class Patrick Miller, of Valley Center, was

among those. His duties included welding, which he attended classes for from spring of 1999 to spring of 2001. On April 13, the seven POWs were rescued by American troops. While some sustained injuries, all safely returned to their families. Five of the troops returned to Fort Bliss, Texas on April 19, where they were stationed at.

Around April 15, coalition forces took control of Baghdad, while Iraqis celebrated their liberation in the streets. On the same day, a 40-foot statue of Hussein was toppled in downtown Baghdad after civilians used a rope to pull it to the ground where it was crushed to pieces.

As coalition forces continued to maintain key Iraqi areas, citizens

began looting anything that they could get their hands on. This included money from banks and much needed medical supplies from hospitals. Women gathered in the streets asking for coalition forces to find their loved ones who vanished during Hussein's reign.

The Pentagon ordered 77,000 body bags for the war, but United States casualties are around 100 so far. The cost of the war could reach \$200 million. The United Nations says that ten million Iraqis could face starvation as the struggle to rebuild the war-torn country continues.

Meanwhile, the quest to find Hussein continues, as more and more of his accomplices are arrested.





*Clockwise from Left
Peace? Iraqi civilians gather in the streets to celebrate their new freedom.*

The Youngest Followers. *Children follow after a group of coalition forces.*

Desecration of a Nation *A citizen steps on the face of his former leader.*

Smoke Over Baghdad *The smoke rises over the city of Baghdad, as air strikes continue.*

Taking Over? *After bombing, coalition forces check out a pile of rubble that was once a building.*

Associated Press Photos

From Page 20

The View from the Sky.

Coalition forces fly over part of Iraq in the continuing military attack.

Associated Press Photo

War: The World Reacts

In Music

As it was during the Vietnam era, the music recently released has reflected the times.

In the 60s and 70s, it was John Lennon's song "Give Peace a Chance" and Country Joe and the Fish's "I Feel like I'm Fixin' to Die Rag," that spoke of the strong opposition to the war.

Since the possibility of war arose in America post September 11, once again many artists of our decade began to repeat history by helping our nation get through the hard times with words in songs.

It has been artists like System of a Down, with almost a whole album dedicated, who spoke out strongly against militant operations in other countries. Their recent music video for the song "Boom" shows actual scenes from Iraq.

Toby Keith, 3 Doors Down and the Dixie Chicks have also expressed their feelings about war. The Dixie Chicks were highly criticized for their comments about President Bush, resulting in a drop in their album sales and even a ban against their music and videos in some areas.

"Roaming through this darkness I'm alive but I'm alone. Part of me is fighting this. But part of me is gone. So hold me when I'm here. Love me when I'm wrong. You can hold me when I'm scared. You won't always be there. So love me when I'm gone."

~3 Doors Down, "Love me When I'm Gone"

Around the State

Private First Class Patrick Miller returned home to a celebration at Kansas State University on April 26 during the first football scrimmage of the year. He arrived in a Humvee, was given the game ball and a plaque honoring his sacrifice. Miller turned down lunch with the president on April 25 so he could be in Kansas with his wife and two children. Meanwhile, 50 percent of the wheat shipped to help humanitarian aid in Iraq comes from Kansas.

United States Senator Sam Brownback says, "My prayers are with the soldiers and their families who continue to sacrifice so much on behalf of our nation. I commend them and thank them for their tremendous service in pursuit of liberty."

Story and Photos by Misty Turner and Eden Fuson

~System of a Down~

"4,000 hungry children leave us with hours of starvation, while millions are spent on bombs, creating death showers. Boom! Boom! Boom! Boom! Everytime you drop the bob, you kill the God your child has born."

"Boom"

"International Security, call of a righteous man. Needs a reason to kill a man, history teaches us so. The reason he must attain, must be approved by his God, his child, partisan brother or war. Df war, we don't speak anymore."

"War?"

"We fought your wars with all our hearts, you sent us back in body parts."

"ADD: American Dream Denial"

At Butler

"I have some concerns about the war, but I'm trusting that the government has things they know," says Sandy Dunn who works in the Independent Study department. Dunn also says she absolutely supports the troops and that we should have gone to war ten years ago, because it's justified. Greg Ball, who works with Dunn, says, "We're going to have troops there for a long time. Everywhere we've gone, we're still there." Ball has a son who is serving in the war, as it has been throughout family history. David Mason, freshman from London, England, says, "I am supportive of removing Saddam from power." He also says the thing he fears the most is the post-war era, because anti-American sentiments may rise.

"When you hear Mother Freedom starts ringin' her bell and it feels like the whole wide world is raining down on you, brought to you courtesy of the red, white and blue. Justice will be served and the battle will rage. This big dog will fight when you rattle its cage. And you'll be sorry you messed with the U.S. of A."

~Toby Keith, "Courtesy of the Red, White and Blue (The Angry American)"

Clockwise from left

Where did they go? El Dorado Army Reserves now have an empty parking lot.

Stars and stripes. The American flag flies in Augusta

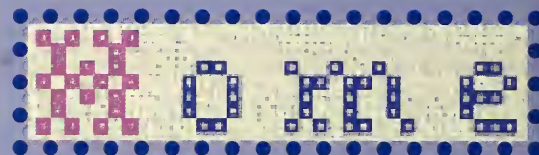
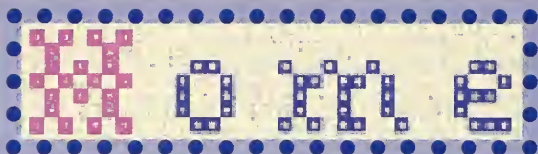
You're invited. The Harvest Community Church on Main street in El Dorado invited everyone to join them in 30 days of prayer.

United we stand. A POW MIA flag whips in the wind.

Flying free. Many houses in El Dorado capture the patriotic feeling.

Hope. A yellow ribbon hangs on a tree at the Butler County Courthouse on Central St.





Lady In

Charge Janece

English is actively involved in many hobbies and organizations. Currently English is the Director of Residence Life for Butler's El Dorado campus.

**Story and Photos
by
Carissa Shaffer**

It's 1:25 p.m. and I'm sitting in my friend Jenny's dorm room. My stomach is a little queasy from nervousness and I tell Jenny I'd better go.

I wanted to be on time with my interview with Janece English to show my responsibility, because Janece takes her job very seriously.

I had come to find this out from the last time I tried to interview her at an unannounced time.

So I made my appointment for Tuesday, April 1, at 1:30 p.m. and the time had come. So I get to her office...right on time!

She greets me with a smile and we sit in the lobby and begin the interview.

Once I started talking to her I felt more relaxed about the situation.

I wanted to find out more about this woman who lived down the hall from me in the East hall.

English was born in Wichita, and grew up in Neal. She was raised on a farm as a child and was involved in 4-H and school activities.

In high school English participated in volleyball, basketball, track, Spanish club, pep club, forensics and debate.

English has always been active in her community in some way.

Currently she is involved in her church, AAUW and Leadership Butler. Right now, English is the Director of Residence Life for Butler's El Dorado campus.

When asked how she came across the job English says, "Someone had asked me to apply and I was always taught that if you are offered something you can always say no but if you don't apply you can't say yes."

Before coming to Butler, English was an Upward Bound Coordinator and Interim Director for Residence Life.

"Butler is a good place and the second largest community college in Kansas. I felt as though the college had vision and direction from the senior administrators here. It is a growing college and a good place for students," English says.

One thing that English particularly likes about her job is the interaction with people from all over the world. One thing she very much dislikes is waking up to a fire alarm in the middle of the night.

"There have been several house fires around our area lately which have resulted in young children dying. And it is a big responsibility to make sure that everyone is out of the halls in a case like that," English says.

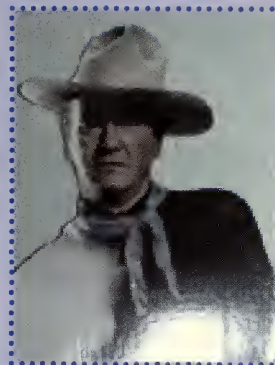
There were a few scares from last semester according to English. A few fire alarms have gone off in Cummins hall because of the alarm system.

Living in the halls is a part of English's salary. I was very curious to know what it is like for her to live in the halls with a bunch of loud and rowdy college kids. It surprised me to find that she actually doesn't think they are very loud at all.

One thing English believes in is trying to have a balanced life.

"I spend time on my job doing it to the best of my ability and when I'm not on duty or have other commitments I like to take some time away."

She does this by being involved in organizations and in her hobbies, which are very important to her.



"The Duke" This lifesize cutout poster board of John Wayne stands in English's living room. This is just one piece of memorabilia that English has collected.

English's hobbies include: collecting John Wayne memorabilia, sports (her favorite is football), traveling (San Diego is her favorite place to travel), spending time with friends, family and her two dogs.

One of the most misunderstood things about English is that people may perceive her to be more serious than what she really is.

While English does believe that if you have a task then you need to work on it, she also has a sense of humor and likes to have fun.

The most exciting thing that she has done is become an International Exchange Representative for 4-H in which she got to live in the developing country, Paraguay, for six months.

She lived there with nine different host families, some who had no electricity or running water. There she worked on the 4-C program which is the same as the 4-H program here.

Sometime into the interview I had run out of questions. She said she thought I did a good job and I thanked her for the interview and left.

A reminder not only to myself but to everyone else is that you can't judge a book by its cover, even though that's what some people choose to do and even think they can do.

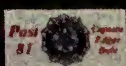
Who would've known all of this about English by just looking at her. And all I had to do was spend some time with her.



Home Sweet Home. An inside view of English's room in the East Hall. English's room is set up as an apartment-like setting. It features a kitchen, dining area, living room, bathroom, and bedroom.

PLAY BALL

Story and Photos by Andrew Keeling



This season has been up and down for the Butler County baseball team. With expectations being really high, things have not gone that way.

During the first part of the season they were playing about .500 baseball and were trying to get a spark, but when Head Coach Trent Nesmith resigned that was a big blow to the team. With Assistant Coach Brian Blessie taking over the squad, the play of the Grizzlies picked up. Many players felt like Coach Blessie brought a different attitude to the team.

Clint Mayer, freshmen from Topeka, says, "He just brings a whole new attitude to the team. He is an in-your-face type coach and that is what we love about him."

With all this adversity, this team has shown a lot of heart by not letting the season go to waste. Many of the players feel like things could get better, but, as of press time, they still have the playoffs left for improvement.

One area that has to be consistent is pitching. Coach Blessie says, "We need other players to step up besides our two horses, Clint Mayer and Rusty Jones, and find who's willing to step up to the challenge."

With the Grizzlies sitting in fourth place, they're looking to finish in the top three.

"Every year this program should finish in the top two in this conference," says Blessie. With the coach and players feeling like that,

ALL

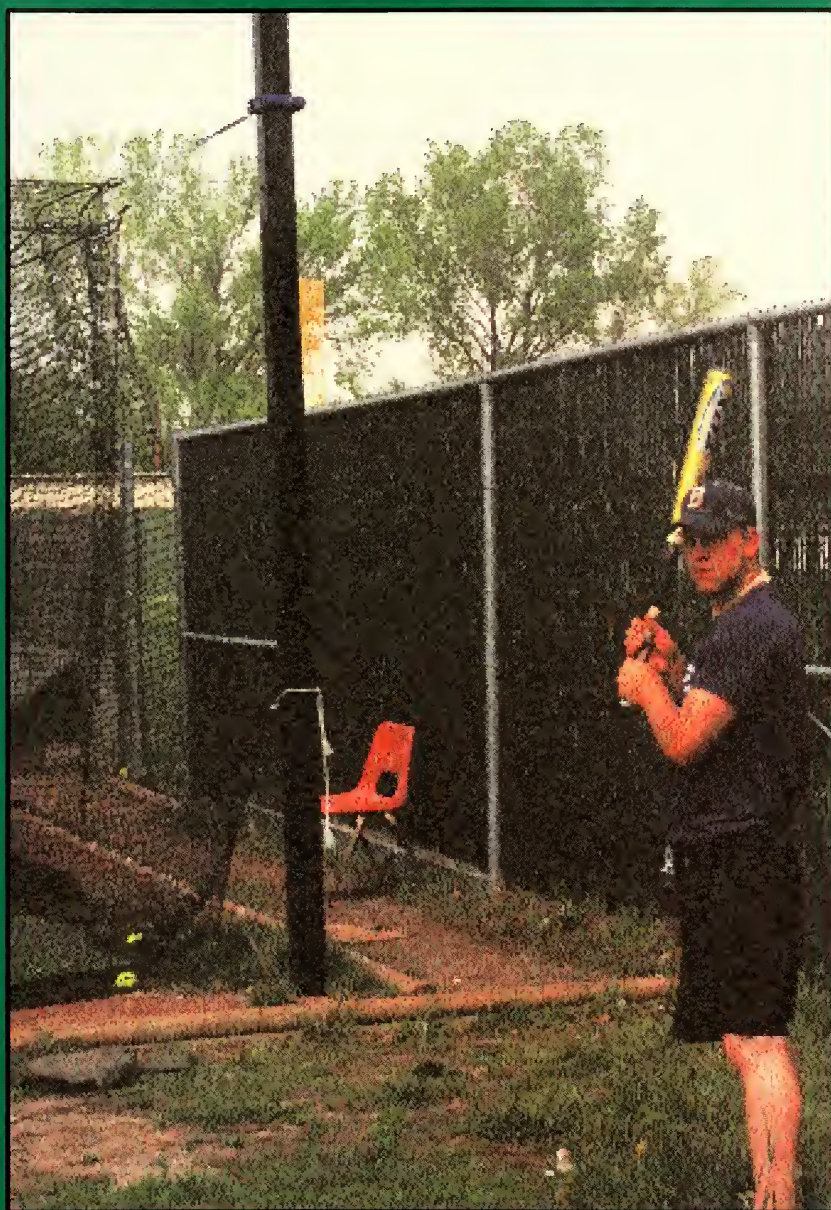
how does one think this could go in the post season?

"I feel we can win the sub-regional and go real far into the post season" says sophomore Ryan Paskiewicz from Siloam Springs, Ark.

As the season comes to an end, this team should be very proud of themselves going through a lot of adversity and being on the verge of finishing in the top three in the conference.

Coach Blessie and Coach Shawn Powell should also get a lot of credit for keeping this team together

"It is my job to get these players ready for every game and get their full potential out of them," says Coach Blessie. No matter how far the Grizzlies go, this season was still a success



Getting Ready to Hit. Ryan Paskiewicz (above), sophomore from Siloam Springs, Ark., prepares to go in the batting cage for practice. Nathan Bengston (at left), freshman from Wichita, works on his swing in the batting cage.

Tennis UPs, Tennis downs, Tennis All-Arounds:

*The Grizzlies kick off their last
tennis season.*

Story and Photos by Josie Bartel

After a half a century of tennis at Butler, the Grizzlies kicked off their last season on March 31 on their own territory against Hesston. The meet had some great moments, but also some very frustrating ones for the Grizzlies.

The next meet took place on April 7, in which wins came easily to the women, but difficult for the men. Overall for that meet, the women came home with a 7-2 win and the men came home with a 0-9 loss.

The team played Hutchinson Community College on April 14 and Nationals were played over Easter weekend, April 18-19. Nationals were a difficult meet for the Grizzlies. The Nationals consists of Butler County, Johnson County, Cowley County and Barton County community colleges. Kera Harrod, El Dorado sophomore, believes that every member of the Butler team plays hard and well against these three schools, which are all strong in tennis.

Even with Butler's large number of international students, one thing that creates a challenge for the Grizzlies is the number of talented international students involved with the tennis programs at the other schools. Many of those students could have been playing tennis since they were two, opposed to 12 or later for many students in the U.S.

Sam Binter, head coach, mentioned toward the beginning of the season that the team was young; in fact, some of the top players are freshmen such as Jon Hecker from Towanda.

This spring season was the last season of tennis at Butler. Due to the state's budget crisis, the tennis pro-

gram at Butler and other area high schools will be removed from the list of extracurricular activities available to students next fall.

"I knew the team was in danger when I started last year," Harrod says. "The school considered cutting it then."

Those seven freshmen on tennis scholarships: Jon Hecker (Towanda), Stuart Singleton (Derby), Jonathan Maugans (Valley Center), Matt Gladd (Winfield), Amber Hefley (Hillsboro), Alaina Merlav (Hoisington) and Mira Ticu (Germany) will be given the scholarships that pay for books and tuition next year and it is honored, even though they do not play tennis.

Harrod said the tennis program was good for her because it fit her schedule well and kept her fit. She loved the fact that tennis was more of an individual sport rather than a team sport. However, how well she performed in her matches also affected the overall standing or place of the team. She knew that if she lost, it was her own fault, not one of her team members.

One of her favorite parts of the tennis program at Butler County Community College are the bonds she made with her fellow teammates. It gave her a chance to meet new people that loved tennis as much as she did. She got to know people, especially on all the long road trips the team made to play other schools in Butler's league.

I'll get this!

Laura Bianco, Wichita sophomore, plans a forehand return to one of the daily drills at practice. The tennis team practice from 12 to 3:30 p.m. nearly every day.



BCCC's Spring 2003 Tennis Team

Laura Bianco
Sallye Dye
Jake Frazee
Matt Gladd
Kera Harrod
Bryan Harvell
Jon Hecker
Amber Hefley
Sean Leresche
Rachel Long
Jonathan Maugans
James McPheeters
Alaina Merlav
Brook Moerner
Stuart Singleton
Mira Ticu



Up and Down

The guys of the Grizzlies tennis team have some interesting times at practices throughout the drills.

Top: A doubles match-up of Derby freshman, Stuart Singleton, and Towanda freshman, Jon Hecker, look skyward for the falling ball. Let's hope they do not collide.



Bottom: A singles player, Stuart Singleton, looks to the asphalt in order to hit the ball back over the net.

One, Two, Three

El Dorado sophomore Kera Harrod prepares for the serve at the tennis team's home meet on March 31.

Harrod played doubles with Wichita sophomore Laura Bianco.

Good-bye Staff



Sasha Noble
Photo Editor

Plans: Go to Friends or
WSU to get a degree in
elementary education
Song: Ginuwine
"Differences"
Dream Job: 5th grade
teacher
Book: Bible
Best thing about BCCC:
Small classes

Rhonda Giefer
Design Editor

Plans: Attend the University
of San Diego and major in
Mass Communications
Song: No preference
Dream Job: Photojournalist
for Glamour or Cosmo
magazine
Book: Nichols Sparks books
Best thing about BCCC:
The people here

Misty Turner
Editor

Plans: Become a drug
and alcohol counselor
Song: No preference
Dream job: To become
famous
Book: Anything by John
Saul
Best thing about BCCC:
Small classes

Eden Fuson
Managing Editor

Plans: Return to BCCC and ge
an associate degree in applied
science and get RN license
Song: The Beatles "Let It Be"
Dream Job: To write stories,
save lives and train/breed
rottweilers
Book: Dean Kontz's "From the
Corner of His Eyes."
Best thing about BCCC: It's
fulfilling



Andrea Downing
Business Manager

Plans: Go to WSU for teaching degree

Song: "Somewhere Over the Rainbow" Israel

Kamakawiwo'ole

Dream Job: Teach Special Ed for grades 1-5 or own photography studio

Book: Julie Garwood's Ransom

Best thing about BCCC: Small classes

Anthony Carver
Online Editor

Plans: Go to Pittsburg to major in Graphic Design

Song: All American Rejects "Swing Swing"

Dream Job: Playing video games and being paid for my opinion on them

Book: The Screwtape Letters

Best thing about BCCC: The people

Kristin Sunley
Associate Editor

Plans: Go to Colorado to do a year long discipleship program to mentor troubled teens

Song: Michael Jackson "Will You Be There?"

Dream Job: School social worker and summer missionary

Book: Bible

Best thing about BCCC: The people here and the friends I've made

The Kansas Associated Collegiate Press Awards go to..

Overall Category Bronze Medal -*The Grizzly Staff* Journalist of the Year

Eden Fuson: Two year magazine/yearbook division

Second Place

Anthony Carver: Illustrations

Azaria Garcia: Sports Photography

Eden Fuson: Feature Writing

Shila Young: Opinion Writing

Third Place

Eden Fuson:

Opinion Writing

Pamela Bearth:

Event Writing

Rhonda Giefer:

Headline Writing

Rhonda Giefer:

Photo Essay

Shila Young:

Feature Photography



Honorable Mention

Azaria Garcia:

Infographics

Azaria Garcia:

Sports Photography

Brenda Kimmi:

Sports Page Design

Eden Fuson:

Headline Writing

Rhonda Giefer:

Sports Page Design

Rhonda Giefer:

Event Photography

Sasha Noble:

Photo Essay (2)

Sasha Noble:

Headline Writing

Shila Young:

Feature Writing